



CANNINGTON CLASS TIMETABLE

BOOK YOUR CLASS ONLINE

BOUNCEINC.COM.AU

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am						MOVE	
9am					MOVE		
10am	MOVE		MOVE		BLAST		
6pm	BLAST	MOVE	MOVE	MOVE			
7pm	MOVE	BLAST	CORE	BLAST			
8pm		CORE	BLAST				

Note: Classes run at a limited timetable during school & public holidays

3 CLASS TYPES RANGING IN INTENSITY AND FOCUS:



A jumping based class combining cardio and core fitness for a whole body workout!



Combines cardio and strength blasts into a high intensity interval training workout



Develop core strength and balance through a series of low-impact, challenging exercises that focus on strength over aerobic activity